

Contraception Choices

Lesson 1: Introduction to contraception & lesson 2: Exploring the options

Contraception fact file 2.0.i - Contraception Choices



1) Contraception introduction	
When does someone need to use contraception?	At a younger age, why is it difficult to know if ovulation has happened?
Why is withdrawal or “pulling out” NOT contraception?	How soon after having unprotected sex should someone seek help from a doctor or sexual health service?
How do barrier methods prevent a pregnancy and what else can they prevent?	

2) Contraceptive injections
How long do the injections work for?
What are some advantages of using contraceptive injections?
What are some disadvantages of using contraceptive injections?

3) IUD (coil)

What are the main types of IUD?

How long can IUDs work for?

What are some advantages of IUDs?

4) Implants

What advantages are there to using an implant?

What happens to fertility after the implant is removed?

How long might it take for periods to settle?

5) Contraceptive pills

What types of contraceptive pills are there?

Why is the pill not as effective in 'real-life' use compared to 'perfect' use?

How often should you take a contraceptive pill?

6) Hormonal contraception

Other than preventing pregnancy, what else can hormonal contraception be used for?

Describe three ways that hormonal contraceptives work to prevent pregnancies.